

ABSTRACT OF THE DISCLOSURE

A chin up bar assembly is provided with a cross bar and a pair of handles slidably mounted on the cross bar. The handles are pivotally mounted for movement between locked and unlocked positions. When a user hangs from the handles, the handles
5 automatically pivot to the locked position to frictionally engage the cross bar and prevent sliding movement of the handles along the cross bar. The handles also can be swiveled during use to exercise different muscles in the user's arms, chest and back.